

PASTURE AND PLENTY

JANUARY 16, 2024 | VEGETARIAN

HOORAY, IT'S TUESDAY!

And we have a great line-up of cozy meals for you this week! Look for: roasted root vegetable, black beans and kale taco kits with salsa verde and a cilantro slaw; a tofu panang curry, rich with coconut milk and crushed peanuts over brown rice; followed up with a classic roasted oyster mushroom, squash and bean risotto! Oh, and did we mention a (vegan) banana granola bar? The week's looking up, friends!



roasted root vegetable, black bean and kale taco kit
with salsa verde, pickled red onions, queso fresco and cilantro slaw



tofu panang curry
with brown rice



roasted oyster mushroom, squash and bean risotto



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Winterfell Acres

La Cosecha

Elderberry Hill Farm

Vitruvian Farms

Saffi Saana

Sartori Cheese

Sassy Cow Creamery

EXTRA GOODNESS

banana granola bar

Instructions: Store at room temperature for up to 3 days; store in the refrigerator for up to 1 week; or store in the freezer for up to 1 month. Enjoy!

Ingredients: Oats, pepitas, dates, black sesame seeds, golden raisins, maple syrup, sunbutter, banana chips

Contains: Sesame

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

roasted root vegetable, black bean and kale taco kit with salsa verde, pickled red onions,

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Vegetable and Black Bean Filling

Salsa Verde

La Cosecha Tortillas

Pickled Red Onions

Queso Fresco

Cilantro Slaw

PAIR WITH

the spicy and fruity Hermanos Peciña Rioja Crianza Señorío de P. Peciña 2016

or

with the citrusy and hoppy Chaos Pattern Hazy IPA from 3 Sheeps Brewing

- 1 Heat a skillet over medium heat and, once hot, add a tablespoon or two of olive oil. Add vegetable and black bean filling and cook for about 4 to 6 minutes, stirring occassinally, until steaming hot.
- 2 Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 3 Give the cilantro slaw a stir to redistribute the vinaigrette. Taste for seasoning and add extra salt or pepper, if desired. If you want a punchier slaw, feel free to add the vinegar from the pickled red onions!
- 4 Build tacos using the vegetable and black bean filling, queso fresco, pickled red onions and the salsa verde. Serve the cilantro slaw alongside your tacos. Dig in!

Vegetable and Black Bean Filling: Sweet potato, black bean, onion, kale, pepita, scallion, garlic, guajillo chile, ancho chile, pasilla chile, salt, pepper, oregano, cumin, coriander, paprika, cayenne **Salsa Verde:** Tomatillo, veggie stock, onion, poblano, cilantro, lime, salt, pepper **La Cosecha Tortillas:** Organic non-GMO corn, water, trace of lime **Pickled Red Onions:** Red onion, white vinegar, apple cider vinegar, salt, sugar **Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Cilantro Slaw:** Green cabbage, red cabbage, carrot, cilantro, lime, apple cider vinegar, salt, sugar

Contains: Milk (optional)

② READY-TO-EAT

tofu panang curry with brown rice

Reheat panang curry in a sauté pan over medium-low heat for 6 to 8 minutes, until steaming hot. If necessary, add a splash of water to loosen the curry.

In a separate frying pan, reheat rice over medium heat for 4 to 6 minutes, until hot, adding a tablespoon or so of both oil and water to the pan.

Divide the rice and panang curry among plates. Dig in!

Tofu Panang Curry: Tofu, coconut milk, red bell pepper, onion, turnip, peanut butter, scallion, peanuts, ginger, red curry paste [dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, coriander seed, cumin, cardamom, citric acid], lime juice, cumin, coriander, Thai basil, salt, makrut lime leaf **Brown Rice:** Brown rice, water, salt, chile de arbol, bay leaf

Contains: Peanut, coconut, soy, wheat

③ FARM-TO-FREEZER

roasted oyster mushroom, squash and bean risotto

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm